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The Biggest Loser Success Secrets: The Wisdom, Motivation, and Inspiration to Lose Weight--and Keep It Off!

Biggest Loser Experts and Cast, Maggie Greenwood-Robinson

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Millions of viewers have watched the contestants on *The Biggest Loser*, NBC's hit show, radically transform their bodies and their lives. In turn, many of those inspired fans have shed countless pounds on their own by following *The Biggest Loser* weight-loss program.
But as anyone who has tried to get in shape knows, the hardest part of any regimen isn't the battle of the bulge--it's the battle of the mind! Now, the contestants share their diet and exercise success secrets and confess what helped them overcome their biggest challenges. Through their astonishingly candid revelations, you'll learn how to:
-Find the time and energy to work out
-Overcome powerful cravings for your favorite foods
-Avoid slipping back into unhealthy-but comfortable-habits
-Power through weight-loss plateaus
-Overcome the temptation to quit and regain focus
-Maintain weight after reaching your goal
Staying healthy is a daily battle-and *The Biggest Loser* contestants have learned what it takes to win! Discover how their tried-and-true diet and exercise tips, insider wisdom, and personal stories can help you achieve your goals and live the life you've always wanted.

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